



TRAVELLING IN CARS WITH PETS

Going on holidays with pets is fun, however the car trip can quickly become a nightmare if your pet suffers from travel sickness. It is important to know what the signs of motion sickness are and how to prevent it from happening.

Dog motion sickness symptoms:

- Excessive drooling
- Vomiting
- Inactivity / listlessness
- Yawning
- Whining



Cat motion sickness symptoms:

- Excessive drooling
- Crying out in distress
- Immobility
- Vomiting/regurgitation
- Weeing / pooing



To avoid your animal getting sick, it is important to use correct restraint. A car harness, dog crate, or even a lead tied to the footwell of the backseat, reduces movement and safely secures your dog. Make sure that your dog faces forward, and open the windows for fresh air and ventilation. Do not let your pet ride in the front passenger seat; it can be dangerous for the driver and for the dog because of the airbags.

Cats should always be put in a cat carrier when travelling.

Motion sickness is often caused by anxiety and stress. There are a few conditioning techniques to desensitise your animal from anxiety. Try using different cars, spending time near or in the car with the engine off, using treats and toys, and taking short trips around the block and to places your dog likes. Do not feed your pet a big meal before hitting the road to reduce nausea.

In some cases, anti-anxiety or anti-nausea medications may be the best solution. Please discuss this option with your vet to see if it's the best option.



STORM AND FIREWORKS



New Year's Eve fireworks and summer thunderstorms come with bright lights and unpredictable noises to your pet. By running in panic, they can hurt themselves or end up in unfamiliar places.

Pets tend not to overcome their fear of noises, with the problem often getting worse every time they get exposed to it, but there are a few ways to ease the stress.

First, your pet needs to feel as safe and comfortable as possible at home. Close the windows and curtains and reduce loud noises, and avoid excessive cuddles, as it can make them believe you are worried too. They could become even more scared. Act normal and calm, and never punish your dog for being scared.

Products containing pheromones to spray on your pet's bed/favourite places before a stressful event can help maintain calm. These pheromones have been scientifically proven to reduce the behaviour of pets that comes from anxiety or stress. These products are available for sale in the clinic.



HEATSTROKE

Heatstroke in dogs is a serious condition, which can escalate quickly into an emergency. Panting can help dogs release heat but for it to be effective, the air around them needs to be cooler than their own body temperature.



Signs of heatstroke:

- Excessive panting
- Noisy breathing
- Lethargy /Weakness
- Muscle tremors / Wobbly movement

Some extreme signs can include vomiting, diarrhoea, seizures and collapse.

If you see signs of heat stroke keep your dog cool using cold water, wet towels, or ice and call your vet immediately.

Puppies and older dogs are most at risk as well as overweight, ill or dehydrated dogs or dogs with narrow airways.



Dogs with short faces like bulldogs, and dogs with fat faces like staffies, **must NOT** be walked in the heat.

Tips for hot summer days:

- Keep dogs indoors or provide plenty of shade outside.
- Keep your dog hydrated, provide water or even ice cubes.
- Avoid mid-day walks as they may overheat or burn their paws on hot surfaces.
- Brush loose hair from your dog regularly, or consider clipping.
- Do not leave your dog in the car, it only takes a few minutes for the animal to overheat. If you have no choice, park in the shade, open all windows, and don't leave them for more than a few minutes!
- Take precautions at the beach, provide shaded areas and avoid or limit them from sitting directly on the burning sand.



FLEAS

Warm weather increases the flea reproductive cycle, resulting in an increased number of fleas.

Signs your pet is infested:

- scratching
 - biting
 - chewing
 - licking
 - rubbing
 - skin abrasions (sores)
 - areas of hair loss
- Around the head, neck and tail



Fleas can affect our pets in different ways: some can have no symptoms when they have a large number of fleas, while others can be allergic to the flea's saliva and scratch excessively from just one bite (called flea allergy dermatitis). You can check if your pet has fleas by looking for the flea itself

using a flea comb or by looking for flea dirt in his coat (dark clumps on your pet) like the image on the left.

TICKS

The paralysis tick is very common in bushy areas, especially on the coast. These tiny little creatures drop onto your pet when they go exploring in the bush. Then ticks suck your pet's blood & inject toxins into them. The effects of these toxins cause difficulty breathing (especially in cats) and paralysis (especially in dogs).

PLEASE check with us for the best protection before taking them onto farms, beaches, and bush.

CHRISTMAS GLUTTONY

Many festive and summer foods can cause huge problems if our pets eat them.



The infographic is a grid of 18 panels. The central panel is red and reads 'the world's MOST DANGEROUS FOODS FOR DOGS'. The surrounding panels list various foods and their effects on dogs, each with a cartoon illustration of the food item.

ALCOHOL COMA DEATH INTOXICATION	AVOCADO CONTAINS PERSIN: VOMITING DIARRHEA	RAISINS CURRANTS KIDNEY FAILURE
COOKED BONES STOMACH LACERATIONS	WALNUTS MACADAMIAS NERVOUS SYSTEM AND MUSCLE DAMAGE	ONIONS GARLIC TOO MUCH BLOOD CELL DAMAGE ANEMIA
DAIRY TOO MUCH: DIARRHEA	the world's MOST DANGEROUS FOODS FOR DOGS	GRAPES KIDNEY FAILURE
MUSHROOMS SOME VARIETIES: SHOCK DEATH		FATTY FOODS TOO MUCH: PANCREATITIS
CAFFEINE VOMITING DIARRHEA TOXIC TO HEART & NERVOUS SYSTEM	XYLITOL (GUM, CANDY ETC.) LIVER FAILURE HYPOGLYCEMIA DEATH	CHOCOLATE TOXIC TO HEART & NERVOUS SYSTEM DEATH
MEDICATIONS (TYLENOL, ADVIL ETC.) KIDNEY FAILURE GI ULCERS	If you think your dog ate something dangerous, nearest Vet Emergency Centre NATIONAL PET POISON HELPLINE (800) 213-0080	
	Illustration by LILI CHIN layout by DESIGN LAB CREATIVE STUDIO	

And don't forget these no-no's:

- Macadamia Nuts
- Tinsel
- Corn Cobs
- BBQ skewers

This list isn't exhaustive, feel free to contact us if you have any questions or concerns.